

SIGNS AND SYMPTOMS OF A STROKE

Stroke is one of the most preventable of all life-threatening health problems, provided that you pay proper attention to lifestyle and medical risk factors, such as smoking, high blood pressure, cholesterol and diabetes. Furthermore, treatment exists to help minimize the effects of a stroke; however it must be given within **3 hours** of the first symptom. So it is important for people to be able to recognize the symptoms of stroke and seek emergency medical attention. Recognizing stroke symptoms can be easy if you learn to think **F.A.S.T.**

F = Face	Ask the person to smile. Does one side of the face droop?
A = Arms	Ask the person to raise both arms. Does one arm drift downward?
S = Speech	Ask the person to repeat a simple phrase. Does the speech sound slurred or strange?
T = Time	If you observe any of these signs, then it's time to call 9-1-1 .

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